GET YOUR GARTERS READY
LINGERIE FOOTBALL COMING TO CITY {page 5}

GLAM ROCKS
MILAN FASHION WEEK THUMBS ITS NOSE AT AUSTERITY {page 27}

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Actress gunned down

Maple Batalia, 19, found fatally shot multiple times in parkade near SFU Surrey campus

PHYLICIA TORREVILLAS
@METRONEWS.CA

PHYLICIA TORREVILLAS/METRO; INSET: FACEBOOK.COM

▶ Investigators at the third-level parkade near the SFU Surrey campus where SFU student Maple Batalia, inset, was found shot to death early yesterday.

Maple Batalia, a 19-year-old model and actress, was shot to death in a parking garage near Simon Fraser University's Surrey campus early yesterday.

Sgt. Peter Thiessen of the Integrated Homicide Investigation Team said police have no suspect in custody and have not yet identified a motive for the death.

Batalia, an SFU nursing student, had a minor role in the 2011 children's movie Diary of a Wimpy Kid: Rodrick Rules. She was also set to compete in Surrey's Central City Model Search on Saturday.

The incident happened just before 1:30 a.m. Police were dispatched to the third level of the Central City shopping centre parkade, adjacent to SFU's Surrey campus, after getting several 911 calls about multiple shots fired.

Two uniformed officers found Batalia with multiple gunshot wounds, Thiessen said.

"(The two) officers did everything they could in an effort to save this young lady's life," Thiessen said, adding the victim died in hospital shortly after arriving due to her injuries.

SFU spokesman Don MacLachlan said the university is making counselling services available to those who need it. He added they don't feel there is a security concern.

"It's quite common to find students here late at night or early in the morning, pulling all-nighters, doing their work and assignments," he said.

Batalia's friends have expressed their grief and shock on Facebook and Twitter.

"RIP Maple Batalia. One of my good friends. Your kindness, positiveness and beautiful soul will be missed," tweeted Priya Chundunsing, a fellow model.

"It seemed not too long ago that we would SkyTrain to (John Robert Powers) once a week and goof around in modelling class," Hazel Castillo tweeted. "RIP Maple Batalia, (you're) an angel now."

Local

Tories hold line on RCMP

Federal public safety minister reiterates it's up to B.C. to decide whether to sign proposed policing contract {page 3}

Grab a bite

Layer on avocado, cheese for quick sandwich {page 37}

On the market

What's new for local homebuyers {pages 30-34}

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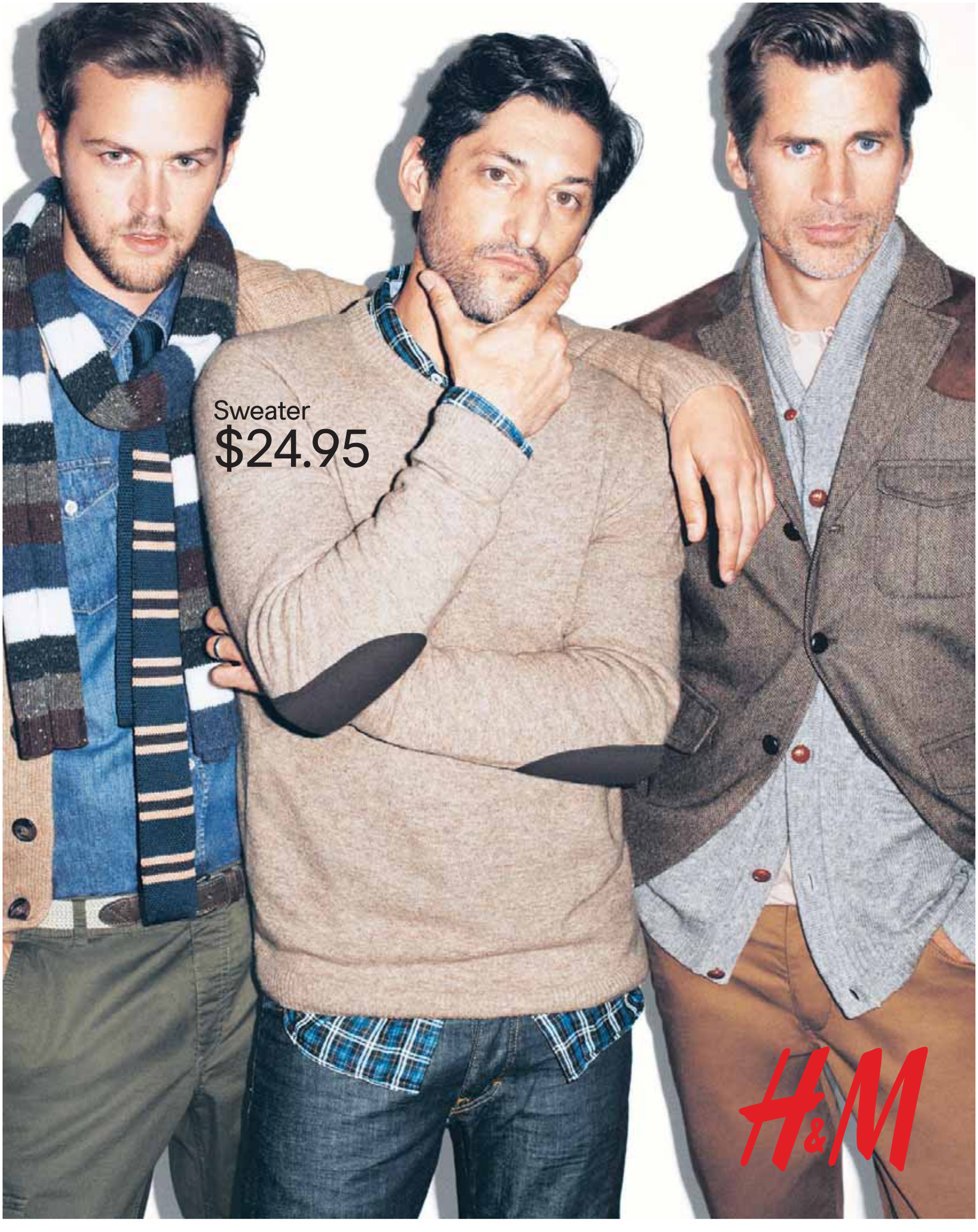
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Metro continues to grow

Metro Vancouver's readership continues to grow, according to results released today by the Newspaper Audience Databank (NADbank).

Metro had the highest increase of any other newspaper in Vancouver in weekly readership with a 24 per cent increase to 542,800 weekly readers. Metro Vancouver also had a 12 per cent increased in daily readership, to 200,900 daily readers, according to the NADbank 2010/2011 results.

"The impressive growth in both daily and weekly readership results validate the efforts made by the members of Metro Vancouver team to deliver a relevant, must-read product that has found a place in Vancouverites' daily lives. Our 106,400 weekly readership growth since this time last year eclipses what other papers have experienced in the market by more than half," said Maryse Lalonde, publisher of Metro Vancouver.

METRO

Police seek riot footage

Police investigators began serving warrants to local media yesterday to secure photos and video of the June 15 Stanley Cup riot.

Police plan to deliver charges by Halloween against 40 people for their roles in the riot.

METRO

METRO FILE

▶ RCMP on horseback at Jack Poole Plaza during the 2010 Olympics.

Toews puts RCMP ball back in B.C.'s court

Government unwilling to move on 20-year RCMP contract ◐ Mounties could be pulled from B.C. in 2014 unless there is a deal by December

MATT KIELTYKA
@METRONEWS.CA

British Columbia has to make a decision on the same 20-year RCMP contract that is being offered to other provinces, Public Safety Minister Vic Toews said yesterday.

Speaking in the House of Commons, Toews confirmed the Conservatives are in no mood to negotiate after imposing a November deadline on the new police service contract with B.C.

"After four intensive years of negotiations, it is now up to the provinces to decide whether or not to come on board," Toews said. "We do not force provinces to accept the RCMP. We think it is a good deal, but it is up to the provinces to do it."

On Tuesday, B.C. Solicitor General Shirley Bond revealed the federal government is threatening to pull the RCMP out of the province in 2014 if she doesn't accept the proposed 20-year contract.

Bond maintains that the contract is unreasonable and has little in the way of accountability, cost containment and governance.

Alberta and Saskatchewan have agreed to identical deals offered by Ottawa, but Bond says they contain "me too" clauses that ensure the two breakaway provinces get any benefits that the other provinces — negotiating as a coalition — manage to negotiate.

Toews, however, appears unwilling to change the conditions of the contract.

"The same fundamental terms and condition will apply to all provinces," the minister said. "British Columbia will have to decide whether or not to accept the agreement."

Bond said the province's priority is to renew the RCMP contract, but if a deal can't be reached, B.C. may be forced to establish its own provincial police force.

1 news

The discovery in Alberta of the fossilized remains of two giant reptiles is helping to solve century-old evolutionary mysteries. Scan code for story.

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A woman planning to live-stream a home birth explains her decision — and invites you to watch. Video at metronews.ca

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SCOTT OLSON/GETTY IMAGES

▶ Kate Johns of the Chicago Bliss at the Sears Centre Arena in September 2009.

Fantasy football

Vancouver team announced as part of lingerie league

It will be almost a year before women strap on their shoulder pads and pull up their garters in Vancouver, but the Canadian incarnation of the Lingerie Football League is already raising some eyebrows.

The league announced yesterday its expansion into Vancouver and four other Canadian cities (Toronto already has a team) to form the six-team LFL Canada.

"We're excited," said commissioner and founder Mitchell Mortaza yesterday. "Vancouver has a great track record of attracting sports fans."

Mortaza is in talks about team ownership with two Vancouver companies. He wouldn't give details, but he said one is a prominent sports group and the other a real-estate developer.

LFL features seven players a side — the Canadian version will play three downs versus the American four — all dressed in bras and panties, as well as helmets and shoulder, knee and elbow pads.

"We understand there will be preliminary judgments, but people need to come out and see how real these athletes are."
COMMISSIONER MITCHELL MORTAZA

The Canadian league will run 12-weeks, culminating in late November with a "Canadian Lingerie Bowl" in Toronto on the eve of the 2012 Grey Cup.

Since the league began in 2009 it has faced scrutiny over female objectification, but Mortaza said spectators change their minds once they see the calibre of athleticism on the field.

Becki Ross, chair of women's and gender studies at the University of B.C., said there is not much difference between the projection of exotic dancers and the scantily dressed football players.

"There are very few venues where women can make money in sport without stripping down," Ross said.

"It's not about women's empowerment, it's about somebody making money," added Ross, who worries that athletes may not see appropriate salaries, benefits or workers' rights.

Mortaza projected Vancouver will attract up to 12,000 fans in the first year, and if trends mirror the U.S., 40 per cent of the crowd will be women.

CHELSEA ALTICE

Marathon running to unique tune

Marathon runners from around the globe can groove to music as they run in Surrey's inaugural international marathon.

Registration is now open for the first annual Surrey International World Music Marathon, which will be held on Sept. 30, 2012.

The marathon features "cultural music miles" — a series of live world-music stations set up along the route.

Walkers and casual participants can soak up the festival atmosphere along the route, and visitors can cheer on the runners while enjoying the art, music and food that celebrate Surrey's multicultural makeup.

In addition to the full marathon, people can participate in a 5K concert run, a kids' fun run, and enjoy a weekend expo hosted at Central City that will showcase healthy-living products and services.

For more information, visit surreymarathon.com.

PHYLICIA TORREVILLAS

Attorneys ruled exempt from law

A B.C. Supreme Court judge has struck down part of a federal law covering money laundering and terrorist financing.

Justice Laura Gerow says the law can't be applied to lawyers because it infringes on solicitor-client confidentiality.

Groups across Canada challenged parts of the law that require lawyers to keep records on financial transactions to try to stop money from being used by criminals. THE CANADIAN PRESS

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Cinema's future unknown as film fest turns big 3-0

Festival is a way for celebrity-obsessed youth to delve in the arts realm

MATT KIELTYKA
@METRONEWS.CA

The silver screen doesn't come with a crystal ball.

The Vancouver International Film Festival turns 30 when the 16-day cinema extravaganza kicks off tonight.

While organizer Alan Franey is celebrating three decades of bringing the best international movies to Vancouver, he's less sure what the next 30 years have in store for cinema.

"Thirty years is a long time and what the festival will look like then isn't something we have an answer for," Franey said. "We just don't know what the world has in store."

Excessive production costs, digital distribution, evolving home-theatre technology, an aging generation of foreign film buffs and youth obsessed with mainstream "celebrity culture" have put a strain on fine cinema in recent years.

If the trend continues, Franey worries the festival-going experience may be in for a radical change.

"Every year you notice that our demographic tends to be older," he said. "A lot of the most adventurous films we screen by creative young filmmakers are attended by older people. The question is whether young people are willing to explore international films."

Those eager to delve into festival films and pick out gems from around the world are in for a treat.

One of the pillars of VIFF has always been its ability to plunge audiences into other cultures.

"Because of the multi-ethnicity of the city, we feel it's our responsibility to air films from other countries," Franey said. "That's what makes it exciting, to realize the richness of your own civic life. And there's a transportive aspect to film, it's very close to taking you to another place."

For those adventurous enough, that journey begins tonight with the VIFF opening gala presentation of Spanish flick The Skin I Live In, starring Antonio Benderas. The Vancouver International Film Festival runs to Oct. 14.

CONTRIBUTED

▶ The Skin I Live In, starring Antonio Benderas, opens the Vancouver International Film Festival tonight.

SMART DEBATE

Vote on meters imminent

B.C. municipalities will vote this week on whether to call for a moratorium on so-called smart electricity meters as several communities raise concerns about their impact on residents' health, privacy and power bills.

Delegates at the Union of B.C. Municipalities convention will vote today on a resolution targeting BC Hydro's smart meter program, which will be rolled by the end of next year.

BC Hydro says they will make the energy grid more efficient and reduce power outages.

THE CANADIAN PRESS

Groups demand premier rescue embattled inquiry

Just days before hearings of the missing women inquiry are set to begin, a coalition including victims' families, women's groups and First Nations organizations is sending an urgent appeal — and an ultimatum — to the premier.

The groups are urging Premier Christy Clark to intervene to save the inquiry connected to serial killer Robert Pickton and fix what they say is a broken process.

The inquiry is due to begin in Vancouver on Oct. 11.

THE CANADIAN PRESS

Gang links probed in shooting

Police are looking for possible gang links to a shooting that left a man wounded in Coquitlam yesterday.

RCMP say the attack appears to have been targeted and the victim is known to police. He is expected to survive.

THE CANADIAN PRESS

TransLink gets green award

TransLink won a sustainability award from the American Public Transportation Association on Tuesday.

It's among the highest recognition ever awarded to the transport authority.

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Governor General calls for more youth volunteers

David Johnston speaks to officials about Greenest City initiative and about city's programs for youth and families

ARIANA KAKNEVICIUS
VANCOUVER@METRONEWS.CA

ARIANA KAKNEVICIUS/FOR METRO

▶ From left, Gov. Gen. David Johnston and his wife, Sharon, meet Vancouver Mayor Gregor Robertson and his wife, Amy.

Canada's Governor General encouraged youth to become more active in volunteering during a speech yesterday at the tail end of a three-day official visit to B.C.

"Sixty-eight per cent of Canadians help by helping a stranger," said David Johnston. "All deeds show us to be such a caring nation."

His speech to the Vancouver Club, held at the Ismaili Centre in Burnaby, focused on 10 challenges to improve volunteerism among youth and families.

The country, Johnston explained, needs to bridge the age gap in volunteering to engage the younger population.

"Young volunteers must be given not just a set of duties, but a set of opportunities."

People, he said, can volunteer as families and not just individually, increasing unity and engagement of youth.

News in brief

Murder convictions overturned

Two men convicted of the murder of a 21-year-old pregnant woman will get a new trial.

The B.C. Court of Appeal has overturned the convictions of Amjad Khan and Naim Mohammed Saghir in the November 2005 stabbing of Tasha Rosette.

The high court ruled unanimously that the Crown introduced unacceptable evidence while trying to prove Khan ordered the murder of Rosette because she was pregnant with his child.

The appeal court also says the trial judge made errors while charging the jury, and while it ordered a new trial, no date has been set. THE CANADIAN PRESS

Murder victim's brother arrested

A man has been killed in Campbell River on Vancouver Island and his brother is under arrest.

The RCMP say the 33-year-old victim was assaulted in a home early yesterday and died later in hospital.

His 18-year-old brother was arrested, but charges have not yet been laid. THE CANADIAN PRESS

Woman detained in stabbing

A 21-year old woman was arrested after a stabbing in Victoria Tuesday night in which a 39-year-old man suffered two wounds to his upper torso.

Police say the two knew each other and witnesses heard an argument before the man was stabbed and rushed to hospital. THE CANADIAN PRESS

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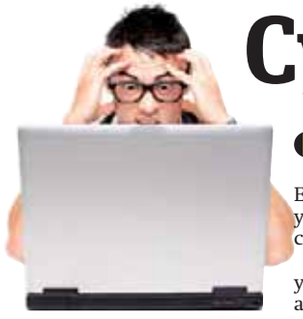

Cyber-calamity just a click away

Computer-happy Canucks exposing themselves to unnecessary risks, think tank says

Enemies are lurking in your computer and they can harm you.

That was the message yesterday from a Canadian think tank.

Canadians don't know enough about the technology they rely on every day and may be exposing themselves to unnecessary cyber-risks, said the Conference Board of Canada. Think viruses, hackers or scam artists.

That knowledge gap needs to be closed in order to protect individuals, organizations and governments from cybercrime, the board said.

John Neily, the board's director of national security and public safety, said people often use email, social media and other Internet-based applications without taking time to consider the dangers.

THE CANADIAN PRESS

SEXUAL ASSAULT

Boyfriend convicted for cutting condoms

A Nova Scotia judge has convicted a man of sexual assault for having intercourse with his girlfriend after he poked holes in her condoms.

Justice Richard Coughlan of the Supreme Court of Nova Scotia yesterday found Craig Jaret Hutchinson, 41, of Clyde River not guilty of aggravated sexual assault but guilty of the lesser offence.

The woman from Halifax became pregnant and had an abortion.

Coughlan said Hutchinson aimed to have a baby with the woman, who cannot be identified. She testified she was unable to take birth control pills for medical reasons.

Sentencing is Dec. 2.

THE CANADIAN PRESS

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WOODSTOCK, ONT.

Mother of slain girl charged

The mother of slain Woodstock girl Tori Stafford is among those charged after a drug bust in the southwestern Ontario city.

Tara McDonald, 32, James Goris, 34, and Brandon Annis, 38, were arrested at a Woodstock home yesterday. Police say crack cocaine, marijuana, cash and alleged stolen property were seized.

McDonald and Goris were in the media spotlight after eight-year-old Tori was abducted and killed in April 2009.

Terri-Lynne McClintic pleaded guilty to first-degree murder in the girl's death last year.

Michael Rafferty, 30, is charged with first-degree murder and kidnapping in Tori's death and is expected to go to trial next year.

THE CANADIAN PRESS

Child porn charges laid

A member of the military at CFB Trenton, Ont., has been charged with one count of possession of child pornography.

A court martial hearing for Cpl. Mario Desrochers will be held Oct. 31 in Trenton, Ont. THE CANADIAN PRESS

MP protests Planned Parenthood

Saskatoon Tory MP Brad Trost is publicly condemning the Harper government's decision to donate to the International Planned Parenthood Federation. THE CANADIAN PRESS

Fight for life ends at home for Baby Joseph

Treatment in U.S. allowed parents to take son home to die

CRAIG GLOVER/THE CANADIAN PRESS FILE

▶ Joseph Maraachli

An Ontario boy, whose family's struggle to keep him alive despite overwhelming odds spurred an international end-of-life debate, has died about four months before his second birthday, a family spokesman said yesterday.

Joseph Maraachli, who became widely known as Baby Joseph, died at home Tuesday afternoon, according to Brother Paul O'Donnell of St. Paul, Minn., the family's spokesman and spiritual adviser. The boy was 20 months old.

Joseph suffered from the progressive neurological disease Leigh Syndrome. O'Donnell said Joseph's father, Moe, told him the baby died at home surrounded by his family. He said it was likely that the child died of complications related to his disease but that the cause of death has yet to be announced.

Earlier this year, doctors at London Health Sciences Centre in Ontario refused to perform a tracheotomy to extend his life, saying it was futile because the disease was terminal. An Ontario court decided doctors could remove the child's breathing tube.

His family sought help from American hospitals. Cardinal Glennon Children's Hospital in St. Louis agreed to treat Joseph, and he was brought to St. Louis in March. He spent one month at Cardinal Glennon.

"All they were really asking for was to bring their son home, and let God decide when and if he should die, not the doctors," O'Donnell said.

THE CANADIAN PRESS

Legal battle

Joseph's story drew international attention after doctors in Canada determined that he was in a permanent vegetative state and his condition was deteriorating.

- When doctors decided to take him off of assisted breathing, Joseph's parents, who lost an 18-month-old child to the same disease eight years ago, challenged the hospital in court but lost.
- The "Save Baby Joseph" Facebook page, which has more than 14,000 "likes," had several messages of condolence yesterday.

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Cry for the world, kid

Ottawa-area woman plans to live-stream the birth of her third child on the Internet Subscribers will get an email when she goes into labour

An Ottawa-area woman plans to live-stream the birth of her third child, and is inviting would-be viewers to sign up to receive an email when she goes into labour.

Nancy Salgueiro, a chiropractor and childbirth educator, has posted a video on the website yourbirthcoach.com to explain why she is opening the birth to the world.

"In our culture, we've created this idea of fear and this visual image of what birth is, with TV and with sitcoms, and with the stories that we've heard in the last few generations that have really created just this culture of fear and secrecy and privacy," she explained.

MEVIL HUNT/ BARRHAVEN

Salgueiro

"We don't know what to expect as women going into labour ourselves, and I really believe that it's important for women to see what a normal natural birth is like."

Salgueiro is due in early October. Those who register will receive an email when she goes into labour about where to watch.

THE CANADIAN PRESS

Saudi king overturns female driver's sentence

Saudi King Abdullah has overturned a court ruling sentencing a Saudi woman to be lashed 10 times for defying the kingdom's ban on female drivers, a government official said.

The official declined to elaborate on the monarch's decision, and spoke on condition of anonymity because he was not authorized to brief the media.

A Saudi court on Tuesday found Shaima Jastaina guilty of violating the driving ban, and sentenced her to 10 lashes. The verdict took Saudi women by surprise, coming just a day after King Abdullah promised to protect women's rights and decreed that women would be allowed to participate in municipal elections in 2015.

Abdullah also promised to appoint women to a currently all-male advisory body known as the Shura Council.

THE ASSOCIATED PRESS

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Top. Engineers

▶ A team of engineers, harnessed to ropes, inspect the exterior of the Washington Monument.

EVAN VUCCI/THE ASSOCIATED PRESS

Monumental inspection

The Washington Monument was damaged in an earthquake last month.

Blond genes: Now on sale

Danish sperm bank offers discount on blond, redhead donors

It's an issue of supply and demand, not racism, says company

CHRISTIAN KLOSTER
NEWS@METRONEWS.CA
METRO WORLD NEWS IN DENMARK

A sperm bank in Denmark has announced it is no longer accepting donations from blond- and red-haired men. The Cryos international sperm bank in Aarhus said their 'Nordic' specimens — including 140,000 doses from redheads — are being sold on a discount due to a lack of demand.

"We have too much sperm from men with Scandinavian features, and relatively few customers request it, so we're attempting to sell it at a lower price — a sale, if you will," Ole Schou, director of Cryos, told Metro.

Sperm from dark-haired, brown-eyed men sells at the normal price, Schou added. "We sell out very quickly, and we haven't yet managed to recruit enough dark-haired, brown-eyed donors. Currently, we turn away all donor candidates with blond, dark-blond and red hair as well as blue, grey and green eyes. Instead, we're looking for those with dark hair and brown eyes," he said.

He points out that the sperm bank does not discriminate against any race or ethnicity; he simply wants to deliver the type of sperm the customers ask for.

"We need to get better at recruiting donors of other ethnicities right here in Denmark," Schou said.

The surplus inventory of sperm from blond men is the result of being headquartered in Aarhus where male students from the nearby university earn money by donating sperm.

A great number of Cryos' customers live in Spain, Italy and Greece, where they are not looking for a blond, blue-eyed addition to the family.

Cryos sells sperm to childless couples in more than 65 countries around the world. To meet the demand of the market, Cryos has opened branches in New York and in Mumbai, India.

Redheads rejected

Cryos representatives say they have received an angry backlash after refusing to accept donors with red hair.

"We have received a number of complaints from redheads from all over the world. Some are very angry, even aggressive. They accuse us of racism," tells Schou.

Schou is surprised at the backlash, and he apologizes to those who feel offended.

"I can assure you we don't discriminate against anyone. We have nothing against redheads. We're simply trying to meet the demands of our customers," he explains.

These days, Cryos representatives spend a great deal of time turning away angry redheaded donor candidates because they say it is a waste of resources, as it simply does not sell.

METRO

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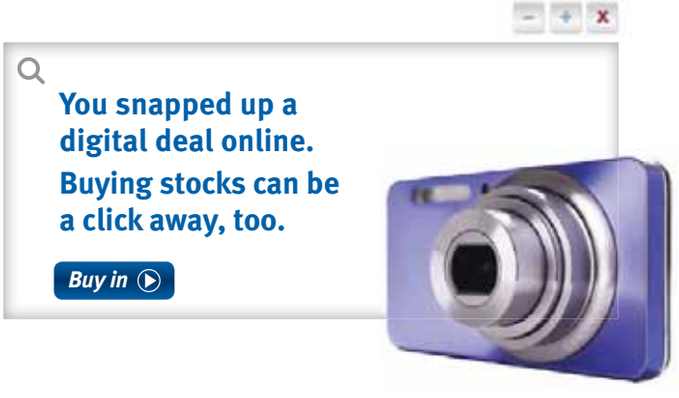

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Reebok charged

Reebok will pay $25 million in charges for deceptive claims its toning shoes would strengthen the legs and buttocks. Reebok is banned from making such claims unless backed by science.
THE ASSOCIATED PRESS

Tabloid spying not new: Report

THE ASSOCIATED PRESS FILE

No one suspected the secretary.

Sue Harris worked at Britain's Sunday People as a secretary until 1995 when she was dismissed over an allegation she'd been selling juicy scoops to the Piers Morgan-edited News of the World.

Harris's alleged spying wasn't unique, an AP investigation has found.

Interviews with three more former journalists and published accounts suggest that Rupert Murdoch's flagship Sunday tabloid engaged in a pattern of payoffs aimed at rival newspaper employees.
THE ASSOCIATED PRESS

Amazon tablet set to compete against Apple

iPad top-selling tablet ▶ Amazon e-reader not available in Canada yet

MARK LENNIHAN/THE ASSOCIATED PRESS

▶ Jeff Bezos, chairman and CEO of Amazon.com, introduces the Kindle Fire yesterday. The e-reader and tablet has a seven-inch multicolour touchscreen. Behind him is a display of magazines that will be available on the Fire.

Amazon CEO Jeff Bezos yesterday showed off the Kindle Fire, a $199 US tablet computer, challenging Apple's iPad by extending its Kindle brand into the world of multipurpose devices.

Bezos also took the opportunity at a New York press event to introduce a line of Kindle e-readers with black-and-white screens and lower prices, further pressuring competitors such as Barnes & Noble Inc. that are trying to break Amazon.com Inc.'s dominance in electronic book sales.

The Kindle Fire will go on sale in the U.S. on Nov. 15.

It's about half the size of the iPad, making it a close match with Barnes & Noble's Nook Color tablet, which came out last year.
THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
- 235.22 (11,585.87)	- 1.16 ¢ (96.84¢ US)
Oil	**Natural gas**
- 3.24¢ US ($81.21 US)	1,000 cu ft $3.833 US (- 4¢)
	Gold contract $1,618.10 US (- $34.40)

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Greece budget is ‘exhausted’: Official

Workers lashed out with a 24-hour public transport strike

PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

▶ Pensioners chant slogans during a protest in Greece yesterday.

Greece’s deputy prime minister yesterday said he will be unable to pay a new emergency tax without selling property, and said the country’s ability to pay extra taxes to cover budget gaps has been “exhausted.”

Theodoros Pangalos made the remarks a day after parliament approved a new emergency property tax, to be added to electricity bills later this year, as eurozone member Greece remains under international pressure to abide by its deficit-cutting targets.

Pangalos, a 73-year-old Sorbonne-trained economist, is listed as owner or part owner of eight properties and farmland in greater Athens and several other parts of Greece.

“The property I own was purely obtained through inheritance. Personally, I have never bought anything ... I will be obliged to sell some of these properties. There is nothing else I can do,” Pangalos said.

In Athens, another public transport strike occurred yesterday.

Customs and tax-office workers were also on strike, while about 350 pensioners demonstrated outside the Finance Ministry against pension cuts and tax increases.

Greece says it will run out of money by the end of next month unless it receives a bailout loan worth $10.9 billion, from other eurozone countries and the International Monetary Fund.

THE ASSOCIATED PRESS

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*This savings offer excludes items with prices ending in .97. Sale prices end Sunday, October 2, 2011.

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NOW THAT'S USING YOUR HEAD

HE SAYS ...

JOHN MAZEROLLE
METRO

I don't know whether it's good that most of the buzz heading into the new NHL season is that the league is actually punishing players when they attempt to decapitate each other.

I'm glad the league is enforcing its rulebook, but it feels like applauding your neighbourhood restaurant because they've finally dealt with the rat hair.

Yes, the league — after decades of downplaying violence as "part of the game" — is now cracking down if players are reckless with an opponent's braincase.

Such is the NHL that this is considered a breakthrough.

In case you don't eat/breathe/sweat/secrete/expectorate hockey like me, here's the deal. For years, NHL discipline worked like this:

• One player attacks another, possibly with a chainsaw (this is a fanciful example and only happened a couple of times).

• The league notes that there is no mention of a chainsaw in the rulebook, so its hands are tied.

• The players say hockey is a fast game and the attacker probably just meant to use the chainsaw as a bludgeon.

• During the next game, the chainsaw wielder and an "enforcer" on the other team have a fistfight. This makes everything OK.

This system worked for a while, but what do you think the league did when great players such as Pat LaFontaine and Eric Lindros had their careers cut short?

If you said, "Nothing!" then you have a bright future as a National Hockey League commissioner.

"No, what it took for the league to take action was for Sidney Crosby — both a Penguin and a cash cow — to be knocked out for most of last season. It's hard to be the face of the NHL when your cranium is caved in."

No, what it took for the league to take action was for Sidney Crosby — both a Penguin and a cash cow — to be knocked out for most of last season. It's hard to be the face of the NHL when your cranium is caved in.

So the league hired a new disciplinarian (former player Brendan Shanahan) to replace the old one (a macaque with a Magic 8-Ball). Shanahan swiftly handed out a huge eight-game suspension — your salary for a year, basically — because of a simple hit from behind. It used to be that an eight-game suspension probably involved an autopsy, at minimum.

The league's website even has a slick "Suspensions" section, tucked in between the highlights and the pro shop. This is either heartening or depressing.

The league — which was slow to enforce hooking and holding penalties, to shrink goaltender's equipment, to ban head shots — usually makes the right decision eventually — but almost always one moment too late.

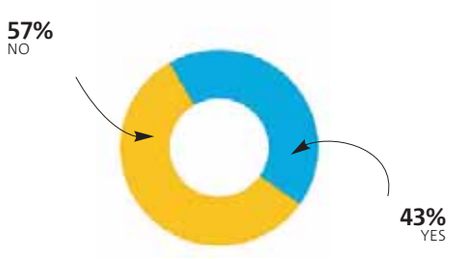
A little anticipation would be nice. Or as Gretzky might put it, the league needs to learn to go where the screw-ups are going to be, not where they've been.

Read more of John Mazerolle's columns at metronews.ca/hesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should obese women be denied fertility treatment?



Local tweets

- **@VIAwesome:** The Vancouver International Film Festival starts tomorrow! What @VIFFest screenings are you looking forward to?
- **@BCLionsDen:** Tough day yesterday, but life goes on. Great to hear over 40,000 sold for Friday. Let's sell it out Vancouver! #BCLions #PrideComesHome #CFL
- **@WatchChrisBrown:** Vancouver Chris Brown show revealed as fraud, cancelled sns.mx/2jely7
- **@kimwchristensen:** Vancouver is such a beautiful city when the sun is shining.
- **@JessBridgman:** Theres always so many actors in Vancouver but I didn't think we had paparazzi. Kinda creepy. I hope u haven't been bothered @reallycb
- **@CoVFoodPolicy:** what food related films are you seeing at the Vancouver International Film Festival?
- **@KPvancouver:** I am complete overwhelmed! so many decisions to make...including how much vacation time I should be taking #viff #firstworldproblems

Letters

Millions of children were back to school a month ago. But not in many countries in sub-Saharan Africa, Asia or the Middle East.

Around the world, almost 70 million elementary-school-aged children — especially girls — don't go to school at all. Millions more receive a poor-quality education and will not be able to read, write or count.

Investing in basic education is one of the best ways to fight poverty. In the last decade, the number of out-of-school primary-school-aged children has decreased from 102 million to 67 million, with support from mechanisms like Education for All – Fast Track Initiative (FTI).

As more countries recognize the importance of basic education, there has been an unprecedented demand for education resources globally.

Canada is among the rich countries contributing to the FTI, but is still not contributing its fair share. Thus, it is time for Canada to commit to a total of $125 million over three years. (Currently Canada's contribution to the FTI is $60 million over five years.)

BRUNO MARQUIS, GATINEAU QUE.

Not-so-mini. Jump

▶ Current England long-jump champion and London 2012 hopeful J.J. Jegede attempts an exhibition jump over three limited-edition 2012 MINIs yesterday in London in this image that has been made from a sequence of frames.

JULIAN FINNEY/GETTY IMAGES FOR BMW

Photo of the day

This world-first stunt took place to celebrate the launch of the MINI London 2012 edition models, of which only 2,012 will be produced.

WEIRD NEWS

Fans mourn celebrity opossum death

SEBASTIAN WILLNOW/DAPD/THE ASSOCIATED PRESS FILE

▶ Heidi

Facebook friends and fans across the Twittersphere are mourning the loss of Heidi — the cross-eyed German opossum whose cute but confused countenance warmed hearts around the world.

The Leipzig zoo said yesterday that the marsupial had been listless and unable to move for several weeks. A decision was made to put the three-and-a-half-year-old animal to sleep following repeated attempts to treat her arthritis.

Within minutes of the announcement, Heidi was trending on Twitter and thousands of fans were leaving an outpouring of condolences on her Facebook page.

"How sad," wrote Rene Schaaf, from Heidi's home city of Leipzig. "This lovable creature enriched our daily lives, showing us that 'imperfect' can also be interesting and even beautiful." **THE ASSOCIATED PRESS**

metro

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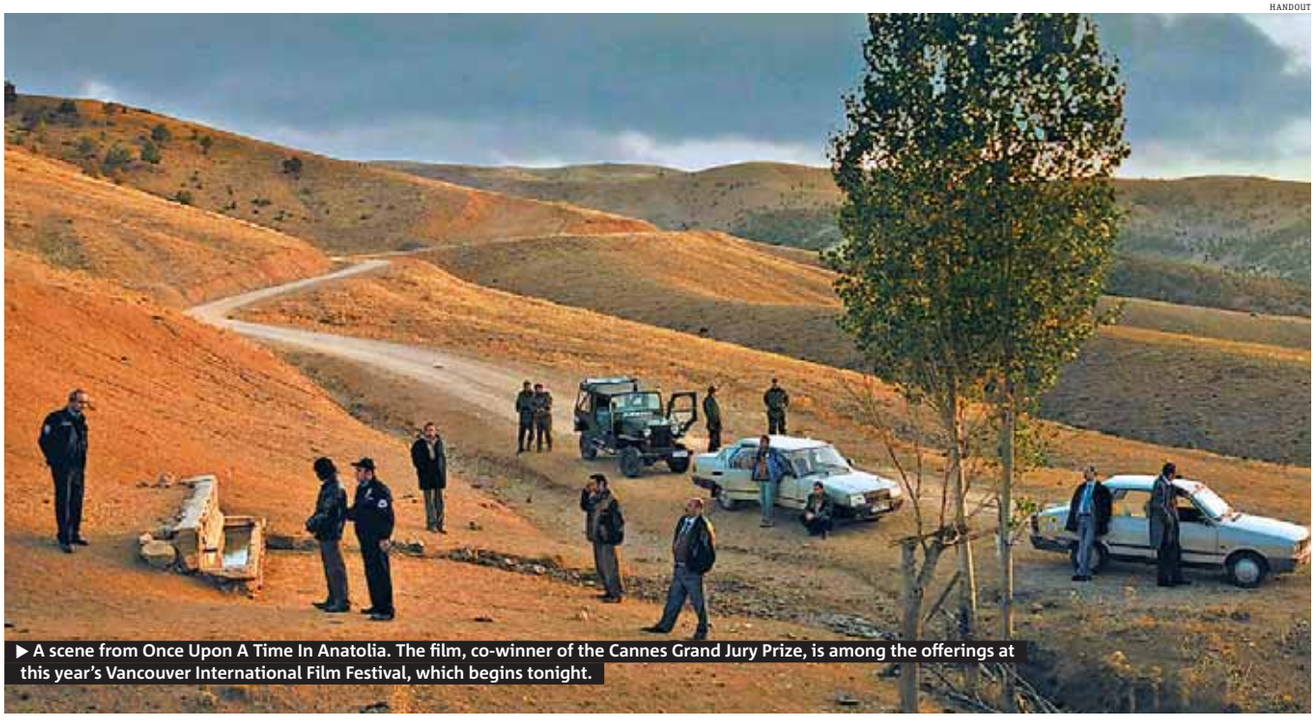

▶ A scene from Once Upon A Time In Anatolia. The film, co-winner of the Cannes Grand Jury Prize, is among the offerings at this year's Vancouver International Film Festival, which begins tonight.

The Twilight-free zone

Forget the big trailers, big budgets, bloated egos ◐ VIFF brings the straight goods on film

BACKSTAGE PASS

GRAEME MCRANOR
METRO VANCOUVER

You know that girl who loves film and lists the Twilight Saga as her top-three films of all-time? Then rounds out the top five with anything by Michael Bay? Well, odds are you're not going to run into her at the 2011 Vancouver International Film Festival.

Instead, you might bump into a guy who's keen to discuss German Expressionism's influence on Alfred Hitchcock's oeuvre; or John Alton's meteoric rise from Los Angeles lab technician to one of America's most sought-after cinematographers.

Of course, blithely telling a Twihard that Transformers sucked feels somewhat more empowering than Googling John Alton while Fellini flags a waiter for a top-up on his Moscow Mule.

Don't get me wrong: I appreciate that everyone has an opinion on film. Just don't expect me to appreciate anyone's opinion on film.

Why? Because when it comes to films, I'm always right. As a matter of fact, I've got a 100 per cent success rate when it comes to judging what I do and don't like.

You could say I was born with the talent. Better yet I could and know it's true.

Unfortunately, I'm less successful when it comes to picking films I think I'd like. But then that challenge is what makes film festivals so enjoyable.

No multi-million dollar marketing machines influencing decisions. No trailers tighter than the facial features stretched across the screen on The Real Housewives of Beverly Hills. Just a simple guide packed full of synopses of films you've almost never heard of. From countries you almost never hear from.

Oh sure, there's a bit of buzz here, a Sundance favourite there. Hey, look — Once Upon a Time in Anatolia was this year's Cannes Grand Jury Prize co-winner. That means it's probably pretty good.

Then again, juries have been known to be wrong.

The Vancouver International Film Festival starts tonight and runs until Oct. 14.

Visit viff.org for more information.

2 scene

Timberlake

The Environmental Media Association says Justin Timberlake will receive its Futures Award, which represents future environmental leaders in entertainment. He has tried to reduce his carbon footprint on his massive tours.
THE ASSOCIATED PRESS

Bang your head: Juno Awards to add metal/hard music category

There's a new teacher in town

In upcoming X-Men relaunch, Wolverine set to teach Marvel's mutants

In finding a new teacher to replace the X-Men's venerated Professor X, writer Jason Aaron has found a not so suitable substitute that's bound to have readers of Marvel Comics' upcoming Wolverine & the X-Men series doing a double take.

Or even a triple take, given that the new headmaster has three razor-sharp claws that "snikkt!" from both his hands at the mere hint of danger.

Wolverine is heading up the Jean Grey School for Higher Learning that will not only educate young mutants, but hone their powers, too. He's being helped by Kitty Pryde, Iceman and Beast, among others.

"We're getting to see Wolverine in a position we've never seen him in before," Aaron said, noting that Wolverine has always been one more prone to violence and fisticuffs first than asking questions.

"Wolverine is leading the show. Not Wolverine with Professor X looking over his shoulder."
WRITER JASON AARON

"We're certainly a little bit uncomfortable, but I think it still makes sense with the way things have been going in the X-universe."

And what's been going on has not been pretty after Wolverine saw his tenuous partnership and shaky friendship with

longtime X-Men leader Cyclops shattered in the recent five-issue X-Men: Schism that Aaron wrote.

The two have had bad blood between them for decades. The fact that they both loved Jean Grey, the original Marvel Girl who went on to become the omnipotent Phoenix, only added to that simmering resentment and mistrust, which boiled over this summer.

The rift created in that story was so profound that Marvel halted The Uncanny X-Men with issue 544, opting to replace it with Wolverine & The X-Men next month along with Uncanny X-Men in November.

Nick Lowe, who edited the previous series and Marvel's current X-Men titles, said the logic of dividing the teams will become apparent as both series get under way.

"Wolverine certainly has unorthodox ideas," said Lowe. "The name of the school, for one. He's the one who named it and I can't imagine Cyclops will be happy when he learns."

And Wolverine? Well let's just say that while Charles Xavier makes an appearance in the first issue, his calm demeanour is not the foundation for how Wolverine will operate.

HANDOUT

▶ You don't want to get this teacher angry.

"I hadn't planned on Professor X showing up," Aaron said. "But once I started working on the issue, I felt that he had to show up. I had to have a passing of the torch."

That's evident in the look of the first few pages, which pays homage to the first issue of The X-Men that came out in 1963, but Xavier's school is history and Wolverine's school is more advanced, populated by a cast of familiar and new mutants.

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Toronto isn't so bad: Jim Cuddy

Blue Rodeo frontman salutes home city on third solo album, Skyscraper Soul **Thinks city is misunderstood**

On the title track of his new solo album, Skyscraper Soul, Jim Cuddy croons about a city that "can bring you down" but one which he cannot leave because underneath it, "there's a heart beating."

The amiable Blue Rodeo frontman says the reflective tune is largely an ode to his hometown of Toronto, which he thinks is sometimes misunderstood.

"It sort of came about because ... first of all, I think I've taken umbrage in the last year (at how) so many people slag Toronto," the singer-songwriter said in a recent interview.

"For years and years and years it never bothered me and I never even thought about it. I don't know why in the last year I've gotten kind of prickly about it," the jeans-clad country-rocker mused while sitting on a couch at Blue Rodeo's Woodshed Studio, where the group's many Juno Awards are on display atop an armoire.

"I think that Toronto represents the beauty of many cities around the world — that its beauty isn't always apparent upon first viewing. You come to Toronto and you may feel like it's a cold, concrete place and after you're here awhile ... you realize that there's an incredible amount of energy in this city and that it's a very easy place to do creative things because there are so many people to bump into, to bounce ideas off of."

Cuddy said the track is also a nod to his early struggles in New York, where he and fellow Blue Rodeo singer-songwriter Greg Keelor lived in the early 1980s.

The two tried to make it as musicians there, supplementing their paltry income by serving tables, but gave up after three years.

"We realized at the end that it's a bad place to put together a band," said Cuddy, 55, noting musicians would suddenly drop out of the group because they were broke and had to move.

"It was just such a difficult place to keep life and limb together. We could never have done Blue Rodeo down there. It was coming back to Toronto, getting a little bit off the incredibly beaten track in New York, that helped us to have the time and the wherewithal to put together a decent band and play a lot."

The urban nature of Cuddy's third solo album, out this week, is also felt in its sound, which has a lot more trumpet than what Cuddy normally works with.

"It changed the songs so that they became a little less rural, a little less country," said Cuddy.

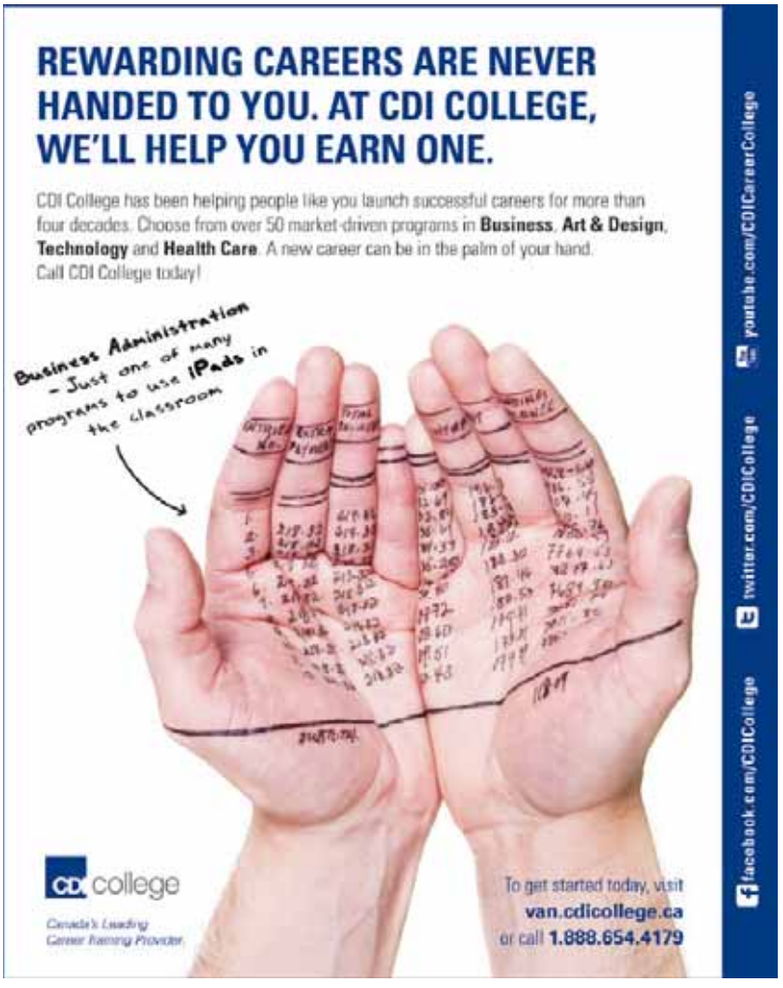
THE CANADIAN PRESS

Instrumental

- Skyscraper Soul features a purely instrumental track: City Birds. Jim Cuddy said he wrote the song for the 2010 film Gunless, starring Paul Gross, but that it was rejected "as being too sentimental."

FRANK GUNN/THE CANADIAN PRESS

▶ Jim Cuddy's latest album was released this week.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Third time around for Jayhawks

Band mines special chemistry of Louris, Olson New album, Mockingbird Time, out this month

ROUNDER RECORDS/THE ASSOCIATED PRESS

The Jayhawks

Currently experiencing an unexpected third life, Minneapolis-born rock band the Jayhawks are pioneers of what was known as the alternative country movement in the early 1990s. They are an active touring unit again and have a new disc, Mockingbird Time, released this month.

Even more than the songs, the joy of the album comes in hearing the Jayhawks luxuriate in the signature of their sound: the vocal harmonies of songwriters Gary Louris and Mark Olson. Their voices blend so well — Louris taking the high registers and Olson the low — that they become to Louris' ears almost like a third voice.

It's a sound many thought was lost forever in 1995 when Olson quit the band and moved to California. Years of swimming against the musical tide of the grunge era and disappointment that songs like Blue and Take Me With You (When You Go) had not become hits despite hard work and critical acclaim had taken their toll.

Unlike now, "we were playing in front of audiences who really didn't know who we were and our goal — the whole reason for being out there — was to try to win them over," Olson said. "That's a whole different mindset and I think it got to me after a while." THE ASSOCIATED PRESS

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Eden Sher is the girl in The Middle

Actress shining as awkward teen in TV series ◗ Show nets high ratings

Something is wrong at the annual block party: Turnout is lighter than usual; hot dogs have no buns and there are no cups for the drinks. Worse yet, one family's house was foreclosed and they were forced to move out in the middle of the night, missing the party they had always attended.

"Are you serious?" Frankie Heck asks a neighbour in the fictional town of Orson, Ind., "because I only thought they were just visiting family."

"They are now," replies the neighbour.

On a recent overcast day at the Warner Bros. ranch, the real-estate crisis has crept its way from big coastal cities and into The Middle, the ABC series that kicks off the network's Wednesday comedy block that includes the Emmy-winning Modern Family.

The Middle portrays a modern family, too. And while hilarity also ensues, The Hecks don't live in Los Angeles-area mansions. This family is in a financial mess. Last week's season premiere of The Middle marked the show's second largest overall audience to date, despite stiff competition from FOX's new The X Factor and CBS's reliable Survivor. More than 9 million viewers tuned in to see the misadventures of car-saleswoman mom Frankie (Patricia Heaton), quarry manager dad Mike (Neil Flynn) and their three children: angry young Axl (Charlie McDermott), book-obsessed Brick (Atticus Shaffer) and the bumbling, stumbling middle child, Sue, portrayed by 19-year-old Eden Sher.

"I've always said to Eden that she's the first one on the show that's going to win an Emmy," Heaton said earlier this summer at another awards show. "I think she's so brave. You know, she gets out there. She lets them mess her up and look goofy and has to fall flat on her face, week in and week out — wearing those braces and straight hair."

Sue Heck has so many embarrassing moments, they're certain to haunt her well into the retirement home. And yet she remains a cockeyed optimist. And even with a stellar ensemble cast, Sher can't help but steal virtually every scene.

"I do get slightly embarrassed, with, specifically, Patty's praise," Sher said recently about Heaton's comments, after shooting a scene. "I don't know why. Maybe just because I respect her so much."

THE ASSOCIATED PRESS

Mini bio

- The Los Angeles-born Sher first came to the attention of Jay Leno, who was so impressed with her responses in his man-on-the-street segments that he invited her to do one solo.
- Then came a commercial work, a failed series and, finally, The Middle, in which perhaps the only thing funnier than her Sue Heck is one heck of a wardrobe — unflattering explosions of pastels and ill-fitting ensembles that make the character come off even more awkward than she is.

MATT SAYLES/THE ASSOCIATED PRESS

▶ Eden Sher plays Sue Heck on the television show The Middle.

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Beyoncé not slowing down during pregnancy

Busy star promoting her new fragrance, Pulse

Now that Beyoncé is pregnant, there are certain smells that turn her stomach.

"My nose, I smell everything from a mile away," Beyoncé said during an interview with The Associated Press while wearing a long, flowing purple dress, her baby bump showing. "Usually it is food, it is onions or something that I just can't tolerate."

Her new fragrance is not one of them. Last week, Beyoncé was busy promoting Pulse, her third scent. For the creator of girl-power anthems like Single Ladies (Put a Ring on It) and Run the World (Girls), Pulse represents another extension of that theme.

Does pregnancy make you feel more empowered?

Absolutely. It is the most powerful creation for you to be able to have life growing inside of you. There is no bigger gift; nothing more empowering.

"I think a woman's curves when she is pregnant are so beautiful. I don't want to get matronly, and I still find things that are sensual and feminine and funky."
BEYONCÉ ON HER PREGNANCY STYLE

You have the fragrance, the clothing line, a husband, career and a baby on the way. What is next on your bucket list?

Balance. I am still working on balance and still growing. I am starting my company, my label. I want to create a boy band. I want to continue to produce and do documentaries and music videos. I eventually want to start directing for other artists. Once I know that I have my stuff together and I trust that, I can do it for other artists.

I see so many male artists building these empires and passing their knowledge on to other artists and development. I see myself doing the same thing and hopefully other younger artists when they grow up and they have been around for 15, 20 years, they can do the same thing.

What advice have you gotten from your mother and sister on motherhood?

I have the best examples around me because my sister is the most incredible mother. My mother, I am so proud of her. I see her and I could cry every time I think about her because she is such an incredible woman, so I just pray that I have the same bond with my children, child.

GETTY IMAGES

▶ Beyoncé

Will the baby go everywhere with you?

Yes, I will probably be that way. I am sure I will. I think that it shouldn't stop you. I think of course my life is going to change, and I definitely will make sacrifices, but you know, I think I will be able to bring hopefully my little rider with me.

You are pregnant but work nonstop. How do you keep your energy up?

I think it is just passion. When you are excited about something, you don't have to think about your energy. It is natural and comes from adrenaline. It is important that I don't look at this as like an illness. I am not sick. I am the same woman and I have the same passions.
THE ASSOCIATED PRESS

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Hong Kong	from $399 + taxes & fees $825
Paris	from $499 + taxes & fees $581
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Auckland	from $859 + taxes & fees $423

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Anaheim Air + 4 Nights from $289 + taxes & fees $123
INCLUDES accom near theme parks. ADD 3-day *Disneyland* Resort *Park Hopper* Bonus Ticket from $193/adult, $171/child (ages 3-9).

New Orleans
Air + 4 Nights 4-Star from $699 + taxes & fees $141
INCLUDES riverfront accom near the French Quarter. ADD harbour cruise with Creole lunch from $23.

Honolulu Air + 7 Nights 4-Star from $739 + taxes & fees $147
INCLUDES central accom near Waikiki Beach. ADD luau from $95 per person.

Florida Keys
Air + 7 Nights + Car from $969 + taxes & fees $124
INCLUDES airfare to Miami, beachfront resort-style accom in Key Largo and 7-day car rental.

Cruise

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Air + 4-Night Cruise
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Vacations

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INCLUDES Westin accom.

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The 5 kinds of men you meet in Rom-Coms

NATE JONES
SCENE@METRONEWS.CA

GETTY IMAGES

▶ Which of these handsome men is your type? The rough and tumble guy? The patient friend? You decide!

Mindy Kaling's great New Yorker article about the seven types of ridiculous women in romantic comedies is blowing up the Internet!

In tribute to Kaling, Metro presents our own counter-list: the five men who only exist in romantic comedies.

The rough and tumble hunk with a heart of gold

Sure, this guy seems gruff at first. He plays pool with his buddies! He drinks beer! He goes a few days without shaving!

This dude comes in many flavours, from lovably immature to roguishly misogynistic, but either way, he's there in order to give a little Alpha Male fantasy "for the guys."

He'll eventually turn into boyfriend material with the love of a Good Woman, so ladies, remember — if you're dating a guy who doesn't respect you, it's because you're not good enough.

The high-society fiancé

The polar opposite of the rough and tumble hunk, the rich fiancé will often compete with him for our heroine's affections.

He's handsome in a generic way and he wears a tie in almost every situation, but still, there's something missing.

Most likely it's that he's never made his girl ever really laugh, because people have years-long relationships with people who have never made them laugh all the time in real life.

He's there to show that stability and commitment are boring.

The "Mister Wickham"

The younger, smoother cousin to the hunk with a heart of gold, this dude at first seems to be a charming sort of lad.

However, unlike his rough counterpart, whose flaws are vulgar enough that they need to be overcome, the Mister Wickham's ugliness is so attractive that it throws him into Too Good to Be True territory.

His love affair with the heroine is fast and loose, and he's generally dumped by the middle of Act 3.

The lesson for ladies: Make sure you know where you're at in your narrative before you start dating someone.

If you're only in Act 1, he's not going to stick around!

The most patient friend in the world

You know that childhood friend you were pretty sure had a thing for you, but you didn't have time for because you were always fixated on the "bad boys"? Well, now he's back, with that same "aw shucks" charm!

Has he moved on from his juvenile crush? Of course not: Decades-long obsessions are romantic.

We get the appeal; this guy plays into the subconscious fantasy of falling in love with someone who knew you before you ever threw up in a bar bathroom, which isn't a bad thing.

But he also should answer for the destruction he's caused to the love lives of innocent teenage boys the world over.

Have an unrequited crush on your friend? Don't worry, just wait it out, even if it takes decades!
It's true love, it really is.

The cardboard man

Our heroine is an aspiring career woman with a thankless job and a crazy boss!

This provides enough drama to fill out 90 per cent of a movie, but what to do with the other 10 per cent?

Easy, give her a blandly affable male friend — or even an acquaintance — to complain to and then kiss at the end!

Does he need a job, or a hobby, or a personality of his own? Eh, not really.

It's only important that he shows the girls in the audience that you really can Have It All (and shows the old-timers that not all women with jobs are lesbians).

In the future, this character won't even have a name because he will be played by a cardboard cutout.

Jess pregnant?

PHOTOS: GETTY IMAGES

▶ Jessica Simpson

Simpson, Eric Johnson calling pre-wedding surprise 'best wedding gift ever' according to source

Jessica Simpson is reportedly pregnant, but she's not letting that change her November wedding plans, according to In Touch.

"Jessica might have to take out her dress a bit," but the wedding is still on, a source says, adding that Simpson and fiancé Eric Johnson consider the impending arrival "the best wedding gift ever." And, the source adds, the pregnancy is already having an effect on the singer. "She's already having kooky cravings," the friend says. Among those cravings? Nacho chips dipped in chocolate. METRO

Jen, Justin steam up set

Jennifer Aniston is apparently so happy with boyfriend Justin Theroux that she's been bringing him to work — at least she did on the set of her directorial debut, a section of Five, a series of shorts about breast cancer, where co-director Penelope Spheeris says the pair were "lovey-dovey," according to Hollyscoop. METRO

▶ Jennifer Aniston

Talking points

Paltrow turns 39

Gwyneth Paltrow celebrated her 39th birthday in style, going out for dinner at a new Spanish restaurant in New York's West Village with her husband of eight years, Chris Martin, as well as pals Jay-Z and Beyoncé, according to Getty. METRO

Beckham sons scent consultants

When it came to testing his new fragrance line, David Beckham didn't stray too far from home, soliciting the opinions of sons Brooklyn, 12, Romeo, 8, and Cruz, 6.

"Anytime I get a fragrance, I give all of my sons a tester," Beckham tells Us Weekly. METRO

Celebrity tweets

@Sn0Oki

"LOL so some girl comes up to me n goes "you look like one of those girls from the jersey shows, but you look better." Uhm thanks? Lmao

@THEGaryBusey

"Jay Way B Cap standing in a Flutterby meadow high above the ocean soaking up the sun is honey in the air."

@taylorswift13

"Things are always a little different when you come home from the road. Ex: my parents dog now sits like a rabbit."

@rainnwilson

"I want to occupy Wall Street. But only to protest how bad Wall St 2 was."

▶ Ashton Kutcher

Ashton a cheater?

Ashton Kutcher may be in hot water over allegations of infidelity, according to Radar Online.

Last weekend, the Two and a Half Men star reportedly spent the night with a 23-year-old woman he met at a San Diego nightclub, and the woman is now in hiding and talking to a lawyer. "She is freaking out," a source says. METRO

Arnie orders statues of himself

Arnold Schwarzenegger was apparently so impressed with a larger-than-life, $100,000 bronze statue of his younger self being made by Oregon-based TW Bronze that he decided they should make seven of them, according to Hollyscoop. One statue will be sent to a Schwarzenegger museum in his hometown of Thal, Austria, while another will go to Columbus, Ohio, where an annual Arnold Fitness Week is held. Schwarzenegger is keeping one for himself to be displayed at his home. METRO

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Bring on the bling

Despite Italy's flailing economy, Milan Fashion Week oozed luxury and decadence, from Gucci's gold-embroidered dresses to Cavalli's blingtastic minis Here's a rundown of the top designers

KENYA HUNT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

GETTY IMAGES

DRIPPING WITH GOLD: GUCCI

Gucci kicked off the week with a collection that oozed luxury and was almost entirely dedicated to decadent evening dressing. Frida Giannini's clothes (which she called Hard Deco) were dipped, embroidered and accented with gold. It appeared everywhere — as buttons lining an ankle slit on trousers, bands of hardware around drop-waist dresses, the embroidery on a jacket and as the tip on a pointy-toed stiletto, to name just a few.

GETTY IMAGES

SEXY GARDEN PRINTS: DOLCE & GABBANA

The garden-inspired prints were broken up with pretty lace coats and dresses embroidered with floral appliqués, bejeweled playsuits and cocktail dresses embellished to the hilt in tassels and rhinestones. It was a sexier follow-up to last season's starry dresses that appeared all over the red carpet and on countless September issue covers. Bottom line: Expect celebrities (including Scarlett Johansson who sat front row) to be covered in fruit and veg next spring.

GETTY IMAGES

FUN AND FLAMBOYANT: DSQUARED2

Dan and Dean Caten's runway shows are always camp, flamboyant productions that add fun and humour to Milan Fashion Week. But yesterday's show was a classic case of staging trumping the clothes. They created an impressive Glastonbury-like set that looked great until the models, dressed in sexy, clingy bodysuits and dresses, began to slip and fall on the muddy runway. But they scored high marks for realism.

GETTY IMAGES

NOT A TREND IN SIGHT: GIORGIO ARMANI

This collection didn't have a single trend in sight (unless you count his very subtle printed blouses and jackets) and that made it all the more appealing. His fluid, silk trousers, dresses, suits and jackets came in cool shades of gray, blue and taupe, and had a timelessness to them that will attract women who value style but couldn't care less about being "in fashion."

GETTY IMAGES

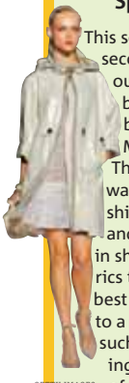
BLINGTASTIC: ROBERTO CAVALLI

Milan Fashion Week started off with a gold moment (Gucci's.) So it only makes sense that it ended with one too. In a collection that was like a middle finger to Italy's flailing economy, Roberto Cavalli opened his show with brazenly flamboyant, blingtastic mini-dresses, skirts, blazers and sinuous gowns covered in the kind of embellished gold regalia that could blind someone.

3 life

In brief

THE BEST COATS: Sportmax



GETTY IMAGES

This season, the secondary line outshone its big sister label, Max Mara, literally. The collection was filled with shiny metallics and raver prints in shimmery fabrics that worked best when kept to a minimum, such as the lining on a series of trench coats.

KENYA HUNT

On the Express to Canada: U.S. chain targeting young adults heads north.

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Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker:
And the beautiful @BrittneyFisher in Plus Size EDIT @thehudsonsbayco

▶ Brittney Fisher in Plus Size EDIT

- **@Nathalie-Roze & Co.:** Kudos for creating an accessibly priced & current-looking fab-size line!
- **@JasmineAmellie:** gorgeous girl!!

- **@Jeanne_Beker:** @theMarilynShow we talked about fact that 40 percent of women today are breadwinners. But how does that make our guys feel?
- **@DFConsultants:** More men are quite content to let their wives make the money. Insecure men are not attractive.
- **@Jeanne Beker:** Agreed. But I still think the man has to feel his contributions are just as important/essential to the partnership.
- **@DFConsultants:** I agree, but that goes for both men and women. They both want to feel like they are contributing, so it goes both ways.
- **@Jeanne Beker:** I suppose. Though I have met some women who really don't mind being totally taken care of. Some men too, I suppose...

Tweak your lifestyle; improve your health

THE KIT

BY ERINN STERINGA

Little tweaks to your lifestyle can make a big impact on your health.

MAKE SLEEP A PRIORITY

"We always resolve to exercise more or to eat better, but we never focus on sleep," says Dr. Reut Gruber, a clinical psychologist and researcher at McGill University.

He says lack of sleep has been associated with heart disease, diabetes, cancer, depression, anxiety and obesity.

Try the tweaks:

• Make your bedroom a sanctuary. TVs, BlackBerrys, home offices and noisy pets all make Gruber's no-no list.

"If it's not related to sleep or sex, get it out of the bedroom."

• Watch out for sleep saboteurs! Alcohol, caffeine and exercise too close to bedtime can affect your z's.

TURN DOWN THE MUSIC

According to experts at the University of Colorado, you can safely listen to your iPod for about 4.5 hours a day at 70 per cent volume without suffering any hearing loss. But certain situations — like cranking the volume at the gym — can crank up the risks.

Try the tweaks:

• Instead of ear buds, invest in headphones that seal out background noise so you don't have to drown it out.

• Try taking the volume down a few notches.

SPEAK UP AT THE DOCTOR'S

Studies show that when patients and doctors communicate well, patients recover faster and enjoy better overall health.

"Start by talking to your doctor about all aspects of your problem," says Dr. Moira Stewart, director of the Centre for Studies in Family Medicine at the University of Western Ontario.

Try the tweaks:

• Ask questions so you fully understand your role in the treatment plan.

• Know what the next steps are before you leave the doctor's office.

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Burrard Station Elevator Out of Service

Effective Monday, September 26

The elevator at Burrard Station will be out of service for approximately four months, due to faregate construction.

Customers needing to use an elevator will need to go to Granville, Vancouver City Centre or Waterfront Station for access. On weekdays, the #44 connects Burrard Station with Waterfront Station from 6:37 a.m. until approximately 8:25 p.m.

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▶ With 40 pages of options available, homebuyers can customize for their specific tastes and budgets at The Links in Surrey.

Choice is the main option

The Links single-family development is changing the way the suburbs look in Surrey

STEPHANIE ORFORD
FOR METRO

The idea of a "home development" conjures images of identical suburban homes, all in the same boring shade of "greige." The phrase doesn't usually connote customization. But The Links single-family development in Surrey is in the process of changing that.

"We have a 40-page options book where people can choose all different kinds of finishes ... Basically, if it's in our book, it can be done," said Diane Zarola, sales and marketing manager for Foxridge Homes. Buyers can customize for their specific tastes and budgets.

The homes have three levels with an optional finished basement. The basement of their show home is their "colour room," said Zarola.

"Our homebuyers can spend hours and hours choosing all their finishes, inside and out."

That way they can customize the colours, textures and materials of their new home including cabinet and paint colour, carpets, granite counters, hardwood flooring, mirror finishes (for bathroom mirrors) and hand rails. "It's a real fun exercise for people, and it's something that's unique to our company," Zarola said.

Development

- **WHAT:** The Links
- **BUILDER:** Foxridge Homes, a Qualico Company
- **LOCATION:** Surrey
- **WEBSITE:** linksliving.ca
- **PHONE:** 778-574-2550
- **PRICING:** Starting at $667,900 including net HST
- **SIZES:** 3,450 to 5,000 square feet

And that's just the tip of the customization iceberg. Each home is designed to fit each unique lot so that view, use of space and privacy are maximized. As a result, there are 15 different floor plans to choose from in the approximately 30 homes currently under construction.

The development's 74 contemporary West Coast-style, single-family homes are also located in a unique place: On the south side of Surrey Golf Course in the city's Fleetwood area, which has nine-hole and 18-hole courses available to the public.

The Links show home is currently open for viewing seven days a week at 7825–170 Street in Surrey.

HOME SHOW FEATURES 325 EXHIBITORS

BITS & BITES

PETER SIMPSON
FOR METRO

The Vancouver Home + Design Show will be held Oct. 13-16 at the Vancouver Convention Centre. This annual show features more than 325 exhibitors, live stage presentations from industry insiders, and the Greater Vancouver Home Builders' Association's Renovation Gallery, presented by FortisBC, where showgoers can view home makeovers and get free advice from design and renovation professionals. Visit vancouverhomeshow.com for show details.

Harmonized sales tax

The HST will disappear in B.C. in early 2013. Meanwhile, with the uncertainty created by the delay in drafting the rules governing transition from HST to the old PST/GST system, some homeowners considering renovations might turn to the underground economy to avoid paying tax. Big mistake! Homeowners should insist on written contracts that clearly define the responsibilities of both the homeowner and contractor, including cost, project duration, municipal permits, liability insurance, tax remittance, safety compliance and warranties. To do otherwise exposes homeowners to risk.

For more on professional renovators, visit gvhba.org.

Bluetree Homes

A new kid will soon take up residence on the new-homes block — Bluetree Homes. Headed by Ben Taddei, Bluetree is part of the well-respected ParkLane/WesGroup family of companies.

Red tape reduction

Red tape can be defined as "an obstructive official routine or procedure; time-consuming bureaucracy." Alas, the approvals and permitting processes in some Metro Vancouver municipalities reflect that definition. One city, however, is trying to mitigate red tape and roll out the red carpet.

Surrey Mayor Dianne Watts formed a Red Tape Reduction Advisory Committee. "We know that unnecessary red tape stifles investment and is the source of frustration and wasted time. We need to strike a balance between eliminating bureaucracy and ensuring we do not compromise on the important regulations that are in place to protect residents and preserve our quality of life," said Watts.

PETER SIMPSON IS THE PRESIDENT AND CHIEF EXECUTIVE OFFICER OF THE GREATER VANCOUVER HOME BUILDERS' ASSOCIATION. EMAIL HIM AT PETER@GVHBA.ORG

32-301 Klahanie Dr., Port Moody
LISTED: $495,000
SOLD: $480,000
At two years old, this townhouse in the trendy Klahanie community of Port Moody has an impressive three bedrooms, three bathrooms and parking for two. With 1,951 square feet, there is plenty of room for a family to spread out and enjoy all the space provided. Listing agent Alf Orr of Re/Max Sabre Realty says membership in the master community Canoe Club amenity space was included with the purchase.

6424 Douglas St., West Vancouver
LISTED: $889,900
SOLD: $805,000
Located in the quiet community of Horseshoe Bay in West Vancouver, this four-bedroom, four-bathroom duplex with 2,348 square feet is just minutes from all the galleries, shops and restaurants that Horseshoe Bay has to offer. Listing agent Tara E. Fulton of Re/Max Masters Realty says "the main floor has great entertainment/living space with French doors that open up to both the front and back patios and garden areas."

1516 7th Ave., New Westminster
LISTED: $698,000
SOLD: $708,000
This five-bedroom, three-bathroom house in New Westminster sold in just seven days for $10,000 more than asking. Included in the 2,600 square feet are two bedrooms on the upper floor, three bedrooms on the lower floor, and potential for a separate suite to be added. Both Lan N. Hoang and Breton Lee of Royal Pacific Realty describe the home as having a newly renovated basement with laminate flooring, an updated bathroom, a new hot water tank and new paint throughout.

RYAN DELUCA

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DAVA DEVELOPMENTS ORIS

Looking to downsize

Couple seeking smaller condo in Coal Harbour neighbourhood

ON THE MARKET

RYAN DELUCA
FOR METRO

Jeff Goldberger and his wife, Amanda, are a couple in their mid-50s seeking a change from the quiet emptiness that has taken over their large family home in Langley.

They are searching for a smaller condominium in the Coal Harbour neighbourhood of downtown Vancouver.

While Jeff is not too keen to sacrifice too much on square footage, Amanda is willing to settle into a slightly smaller unit as long as it has a balcony and a fantastic view of the water and mountains.

They both agree that they require two bedrooms and two bathrooms for when their children come to visit, and it must be "move in ready."

Neither of them wishes to deal with any renovations. Their budget is $1,000,000.

Here are three properties they should consider:

RYAN DELUCA IS A REAL ESTATE AGENT WITH SOTHEBY'S INTERNATIONAL REALTY CANADA

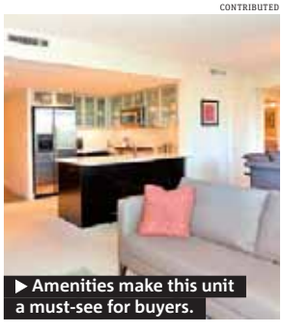
CONTRIBUTED

▶ This two-bedroom unit has an amazing view of Burrard Inlet.

1404-1228 West Hastings St.
$890,000

Right in the heart of Coal Harbour, this amazing two-bedroom, two-bathroom unit in the Palladio not only has the extra guest room Jeff and Amanda are seeking, it also has a den that can be used to store the couple's computers and other items they don't want displayed in the living area. With 926 square feet and an amazing view of Burrard Inlet and the mountains, all of Jeff and Amanda's criteria have been met. Christine Quigg of Prudential Sussex Realty says "with granite countertops, stainless steel appliances, electric fireplace and a functional layout, this unit is move-in ready."

CONTRIBUTED



▶ Amenities make this unit a must-see for buyers.

401-1205 West Hastings St.
$998,000

At 1,129 square feet, this two-bedroom, two-bathroom unit at the Cielo is also right in the heart of the buyer's preferred neighbourhood. Boasting a large balcony and the important water and mountain views, this four-year-old unit has all that Jeff and Amanda are seeking, including being move-in ready. Listing agents Alana McGee and Anthony Li of Westside Tom Gradecak Realty explain that the stainless steel appliances, engineered stone countertops, wool carpet, and Italian porcelain floors make this unit a must see for the discerning buyer.

CONTRIBUTED

▶ This unit is in one of Vancouver's most exclusive buildings.

502-1277 Melville St.
$958,000

At the edge of their preferred neighbourhood, this 1,272-square-foot, two-bedroom, two-bathroom unit at the Flatiron is in one of Vancouver's most exclusive buildings. With partial water and mountain views, and only two units per floor, this property is a great buy for Jeff and Amanda. Even though it's not on their wish list, both like the geothermal heating and cooling system that will keep their energy costs down. Mitra Firoozi of Amex Broadway West Realty explains this unit is all luxury. With a Philip Stark freestanding tub, hardwood floors with radiant floor heating and stainless steel appliances.

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*Illustration only, results depend on your information. Calculations based on $200,000, 5-year closed fixed-rate mortgage at 4.24% and 25-year amortization with: one-time prepayment of 2% cash back ($4,000), $3,000 annual prepayment, plus, switch from monthly to accelerated bi-weekly payments of $590. Result: total amortization reduction of 11 years. [1]Cash back based on a 5-year fixed-rate closed or 5-year CIBC Variable Flex Mortgage with a principal mortgage amount of $200,000. Cash back amount is 2% of mortgage principal. Mortgage principal must be minimum $75,000 for cash back offer and must fund within 30 days from date of application to qualify. Limit 1 cash back offer per mortgage. Conditions and restrictions apply. Offer may change or be withdrawn at any time. [2]Variable rate as of September 15, 2011; rate based on CIBC Prime and may change at any time without notice. Annual Percentage Rate (APR) means the cost of borrowing for a mortgage loan, including all interest and non-interest charges. As CIBC does not charge fees on most mortgages, the annual interest rate and APR are usually identical. ®Registered trademark of CIBC. "CIBC For what matters." is a trademark of CIBC.

Chilly decorating mistakes

How to make your place seasonally stylish and cosy for fall and winter

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Changing up the look of your place with each change of season is a great way to follow trends without spending a lot of money — a few tabletop vases, some pillows, candles and throws can change a room's feel for the cold weather months.

Buying good decor basics, like a neutral sofa, proper sized dining table and some unique artwork, can help accessorize seasonally without breaking the bank. Here's a few common mistakes people make when attempting fall and winter decorating.

Trying to hide your television: Families watch the TV more in the winter. It is a necessity when it comes to entertainment for most homes.

POTTERY BARN

▶ The right accessories can create a cosy fall retreat.

I STOCK

▶ A modern fabric and paint colour can help to modernize an outdated antique.

If your TV hangs above a fireplace mantle, make sure to attach it to a swivel bracket so it can slant down into the room for easier viewing. If choosing a console, go for a useful yet decorative one that looks like a piece of matching furniture in your room.

Displaying family portraits: Unless you have famous or royal family members I suggest enjoying your framed faces in a more private setting like a bedroom (although do you really want them all looking at you?).

Put portraits in hallways, the office or the den.

Plastering furniture along the perimeter of a room: "What? are you having a town hall dance in the living room?"

Bringing the sofa in from the walls a few inches and arranging furniture in more intimate groupings will create more personal seating arrangements and actually make a narrow or small room feel larger.

The row of three uptight candles: You know those candles — the ones that must be displayed in a perfect row, spaced exactly four inches apart from one another.

What you are left with is three bright flames gathered to draw your eyes to one side of a room. Separate and scatter candles to create an even glow around the room.

Floating a tiny rug in the middle of a large room: Rugs are meant to tie furnishings together, not to sit lonely in the centre of the room to be admired.

If the front legs of the sofa and chairs are not sitting on the rug in your living or family room, then the rug is too small for that area.

In the dining room, the rug should be a minimum 18 inches larger on each side of the table.

Displaying family heirlooms that do not reflect your style: How many times have you made excuses for unmatched hand-me-downs?

You may as well be saying "Don't mind that old wooden coffin in the corner — that's just Grandma!"

If you have a piece of furniture that doesn't follow suit with your decor scheme, then have it refinished to a wood stain colour or upholstery fabric that helps it blend in.

If it is artwork that looks outdated then consider having it re-framed with a more up to date frame for a fresh look.

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MOBILE DIVING

A sandwich for all to love

Well-balanced cheese and avocado sandwich is a great family choice
Kids will love that it's grilled, adults will enjoy the healthy bread

This avocado, tomato and cheese sandwich is a nutritious and well-balanced lunch or light supper option for the youngsters in the family.

Grown-ups will undoubtedly fancy it as well.

Ingredients:

- 4 slices cheddar cheese
- 8 slices whole-wheat or whole-grain bread
- 1 ripe fresh avocado, peeled, seeded and sliced
- 1 medium tomato, sliced
- 4 slices red onion
- Chili sauce, to taste
- 4 slices Monterey Jack cheese
- Olive oil cooking spray

Preparation:

1. Place four bread slices on a work surface. On each, place a slice of cheddar cheese, a layer of avocado, tomato and onion slices. Add chili sauce over each sandwhich to taste. Top it with Monterey Jack cheese and finish the sandwiches with the remaining bread slices.
2. Heat a large sized skillet over medium heat. Spray the skillet with olive oil cooking spray. Place the sandwiches in the skillet and cook them until the bread is browned. Turn and cook until cheese has melted. Serve hot.

THE CANADIAN PRESS/ CALIFORNIA AVOCADO COMMISSION

THE CANADIAN PRESS H/O

▶ This recipe makes four sandwiches.

Weekly Cookbook

In her book 400 Best Sandwich Recipes: From Classics & Burgers to Wraps & Condiments (Robert Rose, 2011), Alison Lewis sets out to prove that a sandwich is no longer reserved for mid-day noshing.

Aside from recipes such as Huevos Rancheros Wrap, Italian Sub Sandwich, Warm Apple Pecan Wraps, Lobster Rolls with Creamy Dijon Sauce, Chocolate Turtle Panini and more, Lewis also includes a section on the need to choose great breads and the hunt for quality meats, seafood, cheese, vegetables and fruits to create the best sandwiches.

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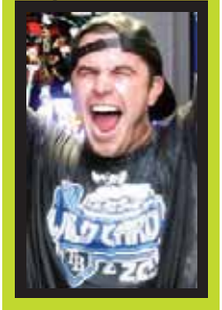
4 sports

Sports in brief



The Tampa Bay Rays clinched the AL wild card with a stunning rally last night, overcoming a late seven-run deficit and then beating the New York Yankees 8-7 on a home run by Evan Longoria, pictured, in the 12th inning.

The Rays' win came four minutes after Boston blew a one-run lead in the ninth at Baltimore and lost 4-3.

The Atlanta Braves dropped a 4-3 decision to the Philadelphia Phillies that ended Atlanta's season. The St. Louis Cardinals routed Houston 8-0 earlier to grab the NL wild-card spot.

THE ASSOCIATED PRESS

Scan code for more sports.

Ready to raise the roof

Doors set to open on newly decked-out B.C. Place Stadium ◐ State-of-the-art venue will host Grey Cup and women's Olympic soccer qualifier

DARRYL DYCK/THE CANADIAN PRESS

▶ B.C. Place stadium is pictured with it's new retractable roof on Sept. 5.

A multimillion-dollar makeover has transformed B.C. Place Stadium from a dinosaur of a building into a facility stocked with modern technology and state-of-the-art conveniences.

The curtain will be raised on the refurbished stadium tomorrow when the B.C. Lions host the Edmonton Eskimos. Over 40,000 tickets have been sold.

On Sunday, the Vancouver Whitecaps play the Portland Timbers.

The $560 million in renovations include a retractable roof that can be opened or closed in 20 minutes. There also is a video board with two HD screens that are the equivalent of 450, 42-inch flat-screen TVs.

Throughout the building there are 800 Wi-Fi points and 1,150 digital screens. There are new, wider seats; improved acoustics; modern turf; and enhanced concession and bathroom facilities.

"We are extremely happy and excited. We feel good about the opportunity to call it our home."
B.C. LIONS PRESIDENT AND CEO DENNIS SKULSKY

The huge air-supported roof that looked like a dirty marshmallow on the Vancouver skyline has been replaced by 36 support masts that look like a crown.

Supporters boast Vancouver now has a modern stadium rivalling any in North America. Critics question spending half a billion dollars of taxpayers' money on a building that will basically be used by two professional teams.

Paul Barber, the Whitecaps chief executive officer, said B.C. Place stacks up to any stadium he saw while he was an executive director of Tottenham Hotspur.

"This is one of the best stadiums I have ever been to," Barber said yesterday.

"Honestly, you could count the number of world-class stadiums on the fingers of one hand that meet all the criteria that B.C. Place now meets."

Jordan Batemen, British Columbia director of the Canadian Taxpayers Federation, isn't so enthusiastic.

"We really struggled with this expenditure," said Batemen. "Throughout Canada we are opposed to taxpayer-funded arenas.

"It's a tricky one because you want to protect the taxpayer assets that already are there. At the same time, $600 million is an incredible amount of money in this day and age."

The cost of building a new venue like B.C. Place is estimated at around $1 billion.

In the past, B.C. Place was used around 200 nights a year and generated $60 million in economic impact, said Warren Buckley, president and CEO of the B.C. Pavilion Corp., the Crown corporation that runs the stadium.

The new building is expected to be used 240 nights a year and create around $100 million in economic impact.

THE CANADIAN PRESS

Canucks stars return but can't get past Ducks

3	2
DUCKS	CANUCKS

Lubomir Visnovsky scored in the third period and the Anaheim Ducks spoiled Vancouver goalie Roberto Luongo's pre-season debut with a 3-2 victory over the Canucks in Anaheim last night.

Visnovsky scored on a slap shot during a power play at 5:08 of third. Jonas Hiller made 31 saves and withstood the Canucks' 6-on-4 power play in the final minute.

It was the first game for Luongo and several other Vancouver stars since the Canucks lost to Boston in the Stanley Cup final. Luongo made 19 saves.

Daniel and Henrik Sedin also made their pre-season debuts along with Dan Hamhuis, who played his first game since Game 1 of the final. The Canucks (2-4-0) erased a 2-0 deficit in the second period with goals by Sami Salo and Henrik Sedin. Salo scored on a slap shot during a two-man advantage and Henrik Sedin deflected Kevin Bieksa's shot past Hiller.

Mark Mancari and Bobby Ryan scored the other Ducks goals.

THE ASSOCIATED PRESS

Man charged in banana-tossing incident

ANGELA MULLINS
IN LONDON, ONT.

A 26-year-old London, Ont., man has expressed remorse for throwing a banana at a black player during last Thursday's NHL game at the John Labatt Centre, police said yesterday.

Christopher Moorhouse was identified late Tuesday as the person charged in the incident, London police Chief Brad Duncan said. He has been charged with engaging in prohibited activity on premises under the provincial Trespass to Property Act.

If convicted, he faces up to a $2,000 fine.

The incident, which involved Philadelphia Flyers forward Wayne Simmonds, did not meet the threshold for a hate-crime charge, Duncan said. For that, officials would need to prove the actions were "motivated by hatred," the chief said.

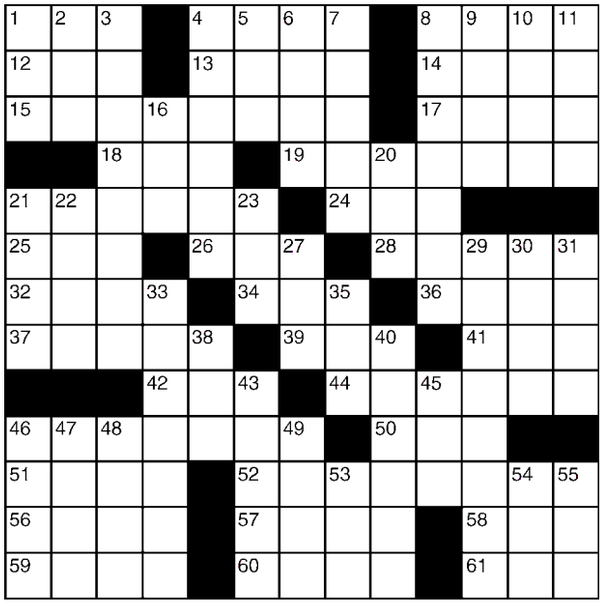
The incident occurred on Simmonds' shootout attempt in Philadelphia's 4-3 loss to the Detroit Red Wings. Despite the banana toss, Simmonds scored on Detroit goalie Jordan Pearce.

Duncan said multiple tips over several days led to identifying the suspect.

AM980/AM980.CA

▶ Christopher Moorhouse

Crossword



Across

1 "— Got a Secret"
4 Ergo
8 "Repeat that, please"
12 Half a dozen
13 Loathe
14 Gardening device
15 Motherly
17 Duel tool
18 Id counterpart
19 2nd-century Roman emperor
21 Not as small
24 Shade
25 Plant bristle
26 Perch
28 Fundamental
32 Castle protection
34 Cattle call?
36 Doubtless
37 Apportion
39 Scull tool
41 Corral
42 Existed
44 Minimum
46 Boat race
50 Indy entry
51 Addict
52 Devilish
56 Carnelian variety
57 Dregs
58 Past
59 Drones
60 Rams fans?
61 Journey segment

Down

1 Doctrine
2 By way of
3 Outer
4 Pangs
5 Solo of "Star Wars"
6 Hexagonal state
7 Unexplained word in Psalms
8 Since, in a preamble
9 Kachina worshiper
10 On the briny
11 Adolescent
16 Early bird?
20 Fix the soundtrack
21 Tibetan monk
22 MPs' quarry
23 Edge
27 As well
29 Heaven-sent
30 Enrages
31 Penny
33 In the direction of
35 Big galoot
38 Tit for —
40 Play break
43 Steps over a fence
45 "— and Peace"
46 Hurry
47 Jacob's brother
48 Bacterium
49 Over again
53 Entry payment
54 Time of your life?
55 Journal

▶ Yesterday's answer

S	I	B		A	S	P	S		N	O	V	A		
O	D	E		T	H	E	Y		O	B	I	T		
F	O	R		H	Y	P	N	O	T	I	Z	E		
A	L	G	A	E			C	H	I					
			N	A	T	O		M	O	T	I	F		
S	A	T	I	R	I	Z	E		N	I	N	A		
U	S	E		T	R	O	V	E		K	E	Y		
M	I	N	G		E	N	E	R	G	I	Z	E		
P	A	S	H	A		E	S	A	U					
			E	L	F			S	N	A	C	K		
T	A	N	T	A	L	I	Z	E		L	E	I		
A	B	E	T		O	D	O	R		B	L	T		
D	A	D	O		W	O	O	S		A	L	E		

Sudoku

5		7					9	4
			3	5				7
8	3	4		9				2
			4				7	8
3		8	1		6	9		5
7	4				2			
2				6		4	5	1
4				1	5			
1	9					7		6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	3	6	1	4	7	5	9	8
9	8	4	3	2	5	6	7	1
5	7	1	6	9	8	2	3	4
1	5	3	7	6	4	9	8	2
7	9	2	8	5	3	1	4	6
4	6	8	2	1	9	7	5	3
6	4	5	9	3	2	8	1	7
3	1	7	5	8	6	4	2	9
8	2	9	4	7	1	3	6	5

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Dearest Cuda, September 29th marks our 5 year anniversary, I love you more as each day passes and look forward to the next 5 year chapter in our lives. Happy Anniversary my heart! **MUNK**

To M, I didn't want to believe you when you said not to contact you ever again. After numerous attempts to try and reach you with no luck, I know you meant what you said. I will no longer try to contact you and will give you this kiss good-bye, I know it is finished **T**

Babylove, Having you a part of my life has been a blessing. You've inspired me to do more than i've ever thought I was capable of. Every day you are a constant reminder that my dreams are within reach..after all I have you in my life! I love you honey. knish<3 **VEE**

Today
15°/11° Partly cloudy
Friday
16°/11° Showers
40%
The Weather Network
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TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Cosmic activity in your opposite sign of Libra will bring relationship matters to a head over the next day.

♉ Taurus April 21-May 21 You may be tempted to play around with something that isn't quite working the way you want it to.

♊ Gemini May 22-June 21 You will make a success of whatever you do today, but there are some things you do better than others.

♋ Cancer June 22-July 22 This could be a tricky day for relationships. Open up. Show feelings.

♌ Leo July 23-Aug.23 Something important will happen today, of which you very much approve.

♍ Virgo Aug. 24- Sept. 22 If you need to improve your financial situation, you will find a way over the next 24 hours.

♎ Libra Sept. 23-Oct. 23 This is the ideal time to get serious about a relationship you may have been half-hearted about in the past.

♏ Scorpio Oct. 24-Nov. 22 Something from the past seems to be on your mind lately. Yesterday is finished. It's today that matters.

♐ Sagittarius Nov. 23-Dec. 21 Pay attention to what other people tell you today because they can see things that you cannot.

♑ Capricorn Dec. 22-Jan. 20 If you play your cards right, you could very soon be moving up.

♒ Aquarius Jan. 21-Feb. 18 You need a change of direction, and what happens over the next few days will make it clear it's time.

♓ Pisces Feb. 19-March 20. You have a gift that you may not be making the most of. What are you really good at? **SALLY BROMPTON**

Caption contest

PAUL MOSELEY/THE ASSOCIATED PRESS

NATACHA PISARENKO/ THE ASSOCIATED PRESS

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☑ Consumer's Choice Award Winner Best Local Jeweller for 9 Years in a Row!

As the price of gold reached a record high, the Better Business Bureau warned sellers across B.C. to beware of scammers hoping to rip off people cashing in. Prices for the precious metal have soared over $1,700 an ounce, and BBB President Lynda Pasacreta says that she's seen a corresponding increase in people falling victim to unscrupulous buyers. *"We've noticed that, especially in the online world, people are sending in their gold, and then they're either being disappointed with the price they're being quoted or they're not hearing anything -- [the gold] just kind of disappears,"* she told CTV News. *"The BBB is currently handling 19 complaints against a single gold-buying company in mainland B.C."* There are no complaints about J&M.
We are well known to pay the best prices in town.

See the CTV interview online at:
http://www.bullioncoinsandbars.com/article-2011-08-09-bbb.htm

Prices in this ad based on **gold @ U$1,733.75** and **silver @ U$36.40** and a **USD/CAD exchange rate of 1.03 on September 22, 2011, the day this ad was created.**

Below is a direct, real comparison of J&M's buying prices with those of a new Vancouver buyer claiming to be the highest buyer.

Item/Description	They Pay	J&M Pays
10kt scrap gold, per gram	$17.60	$18.96
14kt scrap gold, per gram	$20.64	$22.63
1 oz. Recognized Gold Bar	$1,690.00	$1,789.25
1 oz. Gold Maple Leaf Coin	$1,700.10	$1,801.16
Sterling Silver, per Gram	$0.68	$0.88
Silver Canadian Coins from 1966 and earlier, per $1 face value	$17.40	$20.09

Gold Coins and Bars

1 oz. modern, sealed bars	$1,789.25
1 oz gold Maple Leaf	$1,801.16
1 oz. Krugerrand	$1,742.19
Sovereign	$408.01

Silver Coins and Bars

1 oz. silver bar	$38.67
10 oz. silver bar	$389.85
100 oz. silver bar	$3,806.13
1 oz. silver Maple Leaf	$39.03

Canada Collector Coins

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1889 10¢	$350.00 and up
1921 5¢	$4,000.00 and up
1923 1¢	$14.00 and up

Silver Coins *Per $1.00 Face Value*

Canada 1968	$12.25
Canada 1967	$15.66
Canada 1966 and earlier	$20.09
USA 1964 and oder	$24.39

Scrap Gold *Per gram*

10kt	$18.96
14kt	$22.63
18kt	$34.30

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